

IDEAS FOR TEACHER IN-SERVICE TRAINING

Programs can be presented as introductions to the use of dance/movement or as comprehensive workshops. Lesson plans can be addressed to the general classroom teacher or the specialist.

Movement Technique

Alignment/Posture. Exercises to build strength, flexibility, coordination and control. Injury prevention through warm-up, strength and flexibility exercises and awareness of correct alignment.

Creative Movement

Teachers will learn and understand the movement concepts of shape, locomotor patterns, movement quality, speed, level, direction, force, weight, energy, floor pattern and methods for teaching students those concepts. Methods for teaching improvisation and informal composition are shown and explained.

Social Dance

Teaching students what they want to learn in social dance steps and moves, solo and partner, taught in a way that is palatable to grades 7-12. Posture and etiquette are addressed. Methods for teaching and specific steps are shown. An accompanying video tape is available. Unlike the specific styles and steps of ballroom dances, social dance includes room for the individual imagination and style.

Rhythmic Activities

Using creative movement, simple folk dances and movement 'games' to have students moving rhythmically. Ability to maintain and change both the basic beat and the rhythm will be stressed.

Movement and Curriculum

Using movement and dance to teach and promote interest in and understanding of curriculum subjects: language arts, geography, health, art and design, music, and science - space, physical science (i.e., concepts of gravity, friction, fulcrum, centrifugal, and centripetal forces, angular momentum, force, equal and opposite forces).

Curriculum Development

Developing a dance unit. Specific lesson plans and teaching techniques are provided.

Valerie Williams and Co'Motion Dance Theater have been presenting teacher in-service programs since 1979 on a variety of subjects as they relate to dance. Besides being an accomplished dancer and choreographer, Williams also does research in early dance and maintains an active curiosity about the world. She uses those experiences to excite students and teachers to look at their subject matter with a fresh eye.